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NEWS WORTH SHARING.

Police officers investigate after a cyclist was killed on the Stanley Park Causeway on Saturday. PASCAL THOMPSON/FOR METRO

Bike lane urged after death

Fallout. Advocates want separated path in wake of cycling fatality on Stanley Park Causeway

Cycling advocates called for a separate bike lane on the Stanley Park Causeway on the first day of Bike to Work Week Monday in reaction to the death of a 61-year-old cyclist on Saturday.

Cyclists and pedestrians currently share the narrow strips of sidewalk on either side of the high-speed causeway, just south of the Lions Gate Bridge. The woman who died on Saturday had trouble passing some pedestrians, fell off the steep curb and was hit by a transit bus.

"The bridge itself has guardrails, but once you get off there's nothing between the sidewalk and you falling onto the road," said Erin O'Melinn, executive director of HUB, the organization behind Bike to Work Week.

"The Ministry of Transportation is responsible for that stretch of road, and they need to, very quickly, gather more information on the best option for improvement so that it improves the safety for pedestrians, cyclists and motor-vehicle users."

O'Melinn said Saturday's crash bears similarity to a string of accidents on the Burrard Street Bridge — including some that resulted in serious head injuries — that motivated the City of Vancouver to install separated bike lanes there in 2009.

ICBC statistics show there have been three other cyclist accidents on the causeway and approaches to the Lions Gate Bridge in the past five years. The insurance corporation could not provide any specifics on their severity by Metro's deadline.

A spokeswoman said the transportation ministry is conducting its own review of Saturday's tragedy and will be following the police investigation closely.

The ministry agreed last month to more than double the width of the shared sidewalks on the Ironworkers Memorial and install a safety fence due to frequent altercations on that span between cyclists and pedestrians.

"The safety of everyone who uses our roads is a top priority," the spokeswoman said in a statement attributed to the ministry.

"Our thoughts are with the family of the cyclist who lost her life and others who have been affected by this tragic event."

KATE WEBB/METRO

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WHAT, NO OCEAN'S 14?

DIRECTOR STEVEN SODERBERGH IS RETIRING DESPITE PRAISE FOR HIS LATEST FILM. HERE'S WHAT YOU MAY NOT KNOW ABOUT HIS LEGACY PAGE 9

White Knighton may yet ride for Caps

Vancouver's MLS club keeping mum on who'll start in goal for Canadian championship final: Brad Knighton or Joe Cannon PAGE 14

They're not going down with this ship

Two more top aides leave beleaguered Toronto mayor amid crack allegations PAGE 5

Don't get burned this beach season

Get the skinny on sunscreen and keep your skin in the clear PAGE 11

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NEWS

Police issue reminder

Carbon monoxide suspected in death of Burnaby couple

It's known as the silent killer.

Carbon monoxide, the leading cause of fatal poisonings in Canada, typically strikes at night when homeowners turn on the heater before bed. A malfunctioning furnace, fireplace or stove causes a leak of the deadly gas, which slowly starves the home and those inside of oxygen.

"You can't smell it, you can't taste it," said Cpl. David Reid, spokesman for Burnaby RCMP. Victims typically fall asleep and never wake up, he said.

That is how police believe 56-year-old David Hopkins and 59-year-old Betty Stroppa of Burnaby died in their Edmonds-area home over the weekend.

"These events are always tragic but when they're preventable, even more so," said Reid.

A CO detector properly installed can alert homeowners to a leak before it reaches fatal levels. It was a lack of such a detector coupled with a simple mistake that led to the weekend fatality, police say.

Hopkins had closed the exhaust vents on Friday while he was working on his propane generator but forgot to re-open the vents when he finished the job.

When he later turned on the generator, the trailer slowly filled with gas and "they simply fell asleep," he said.

Reid called the deaths a tragedy and said it should act as a reminder to residents about the importance of proper ventilation and carbon monoxide detectors.

ELIZABETH HAMES/METRO

You say potato, I say Voyageurs Cup tickets!

Kevin Martins, a local mechanic, devours poutine in six minutes and 39 seconds, beating out three other soccer fans in the Whitecaps' first-ever poutine-eating contest Monday at The Pint in Vancouver. The contest won Martins two tickets to Wednesday's Voyageurs Cup final between the host Whitecaps and the Montreal Impact. Match preview, page 14.

ADAM ROOTMAN/WHITECAPS FC

School board draws the line over social media

Befriender beware. VSB's first social-media strategy weighs in on student-teacher Facebook friendships

EMILY JACKSON
emily.jackson@metronews.ca

Students who want to be Facebook friends with their teachers might face a lot of rejection come fall.

In a draft of the Vancouver School Board's first social-media policy, the board outlaws the practice of teachers and students forging relationships on social media for any non-educational purpose.

The board has long had an "acceptable use of technology" policy that applies to both students and teachers, but the onslaught of social networks such as Facebook, Twitter and Flickr makes it important to set new boundaries, Vancouver Board of Education vice-chair Mike Lombardi said.

"We know social media is not going away and it's a powerful tool for learning, but we need to make sure it's used responsibly," he said. "I don't see any need to communicate with a student on Facebook about anything other than educational material."

Acceptable online interactions could be a science class starting a page about an experiment or a teacher posting information about a field trip, Lombardi said, but simply being Facebook friends would cross a line.

The policy also asks teachers to ask friends not to tag them in inappropriate posts and not to exchange personal phone numbers, email addresses or photographs with students.

However, Lombardi does advocate for a larger use of social media in classrooms, such as learning how to avoid cyberbullying or use social networks responsibly.

The social-media policy, which was developed after six months of collecting advice from other districts and the Ministry of Education, will be subject to debate starting Tuesday before a final version is passed in late June.

Follow Emily Jackson on Twitter @theemilyjackson

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Deadly collision fallout.
TransLink sues dead man, car rental agency

TransLink is seeking compensation from a dead man two years after the collision that led to his death.

On June 20, 2011, 32-year-old Daniel Tschetter and his family were visiting Vancouver from their Alberta Hutterite colony when their rented Toyota Corolla slammed into a city bus in Shaughnessy.

The collision — on Granville Street near Nanton Avenue — resulted in Tschetter's death, as well as that of his mother Susie, 62, and his wife Debbie, 30. His father, Daniel Tschetter Senior, was left clinging to life in hospital.

In a notice of civil claim filed in B.C. Supreme Court, TransLink asserts Tschetter was negligent in operating a motor vehicle and is seeking compensation for damages it suffered during the collision.

It's also seeking damages from Dollar Thrifty Automotive, which owns Dollar Rent A Car and Thrifty Car Rental. ELIZABETH HAMES/METRO

Baby's death

Daycare operator gets 18 months

The operator of an unlicensed Coquitlam daycare has been sentenced to 18 months in jail for the death of a baby in her care.

THE CANADIAN PRESS

Stanley Cup riot

Rioter should get discharge: Lawyer

A pre-sentencing hearing is underway in Vancouver for a Stanley Cup rioter, Sophie Laboissonniere, whose lawyer is calling for a conditional discharge. THE CANADIAN PRESS

Ideas sought for vacant green space in Richmond

'Blank sheet.' City has started to plan community uses for the 55.2 hectares

EMILY JACKSON
emily.jackson@metronews.ca

A view of the vacant space on the eastern edge of Richmond's city centre. Richmond wants ideas from residents on what to do with the land. CREATEGARDENCITYLANDS.CA

The wide swath of green space on the eastern edge of Richmond's city centre won't be vacant for much longer.

But what will go on the Garden City Lands is still up in the air.

"It's a blank sheet," city spokesman Ted Townsend said, as the city starts to plan community uses for the 55.2 hectares close to Richmond's downtown.

And Richmond wants citizens' ideas for what to do with the space, which the city purchased from the federal government for $59.1 million in 2010. It's holding an "ideas fair" on the land Saturday between 11 a.m. and 3 p.m. to get creative juices flowing.

It's a rare opportunity that will shape the city, Townsend said, especially in the Lower Mainland, where developers and businesses compete for scarce land.

"You just don't have that opportunity to plan that large a parcel right in the heart of the city specifically for community use," he said.

The only parameters for use are that the area bordered by Westminster Highway, Garden City Way, Alderbridge Way and No. 4 Road is part of the agricultural land reserve. (Anyone want to grow blueberries?)

Since 1903, the land has been used as a rifle range, a World War I military training site and a home for coast-guard radio transmitters.

To learn more about how you can participate in the planning process, visit creategardencitylands.ca.

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Lack of hard evidence puts hurt on G20 brutality case

The first trial of a Toronto police officer facing criminal charges in the G20 protests is focusing on photos and video of one man's arrest, though none captured the moment he says he was hit with a riot shield.

Dorian Barton, whose shoulder was broken on June 26, 2010, had ventured down to the Ontario legislature to scope out the scene.

A line of police officers had formed to the south of him, and as he was facing east taking pictures he was hit from behind, Barton said.

Bone-crunching blow

"It was such a significant impact.... I pretty much felt it all over. I was knocked to the ground and I was stunned."

Dorian Barton, whose shoulder was broken

A witness, Andrew Wallace, said he saw Barton, 32, getting "charged" by a police officer, who hit Barton with his shield, knocking him over, and then struck Barton with his baton.

"It was disgusting," he testified. "A police officer who, with no provocation ... charged an unarmed person."

Const. Glenn Weddell has pleaded not guilty to assault causing bodily harm and assault with a weapon. His lawyer said at the start of the trial that the only contact Weddell had with Barton was to help him up after he tripped.

Picked from the crowd

After the arrest, witness Andrew Wallace took photos of the officer who he said had hit the victim. Those photos were used to help identify Glenn Weddell.

Wallace was taking photographs of Barton's arrest and two videos of it also surfaced, yet none show Barton being knocked to the ground by a shield or being hit with a baton. THE CANADIAN PRESS

Const. Glenn Weddell is charged with assault causing bodily harm in the alleged beating of Dorian Barton. RENE JOHNSTON/TORSTAR NEWS SERVICE

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More staffers jump ship amid crack scandal

Toronto. Meanwhile, Gawker has $200,000 to buy supposed evidence — if it can find the seller

Toronto's Rob Ford lost two more senior members of his staff Monday, leaving the already beleaguered mayor with an increasingly depleted office as he attempts to quell a still-raging crack cocaine scandal.

The departure of Ford's press secretary and his deputy came days after his chief of staff and the mayor parted ways, but Ford insisted it would be "business as usual" at city hall.

Facing reporters, Ford would only say George Christopoulos and Isaac Ransom had "decided to go down a different avenue." He refused to talk about the circumstances, saying he never discusses "personnel issues."

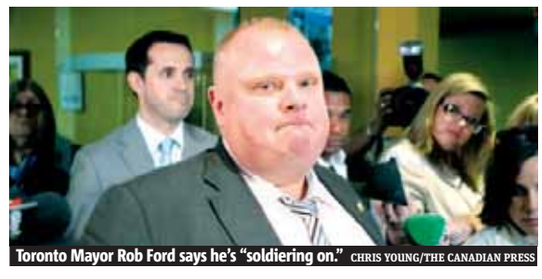
Meanwhile, the website Gawker hit its $200,000 fundraising goal to buy the video that started it all, which allegedly shows Ford smoking what looks like crack cocaine.

However, whether the site would be able to get its hands on the video and post it publicly as promised remained unclear.

Editor John Cook indicated Monday he was still having difficulty finding the seller.

In a post from last Thursday, Cook explained how he had lost all contact with the unnamed owner — a "presumably frightened and skittish" drug dealer.

Gawker has promised to donate the money to a Canadian non-profit that deals with substance abuse if the deal were to fall through. THE CANADIAN PRESS



Toronto Mayor Rob Ford says he's "soldiering on." CHRIS YOUNG/THE CANADIAN PRESS

Montreal

SNC-Lavalin offers 'amnesty' to whistleblowers

SNC-Lavalin Group Inc. is making a limited-time offer of "amnesty" to those at the company who are willing to report on corruption.

The company, which was hit by allegations of bribery and fraud last year, said Monday that it won't seek damages or unilaterally fire employees who voluntarily report violations of its code of ethics.

"Amnesty programs are known to be highly effective means of getting to the bottom of ethics and compliance issues in large organizations," said Andreas Pohlmann, SNC's chief compliance officer.

"While the vast majority of SNC-Lavalin's employees will have nothing to report, this offer of amnesty will allow us to uncover and quickly deal with any remaining issues. Our goal is to turn the page on a challenging chapter in the company's history, so we can focus all of our attention on creating value for our stakeholders."

The amnesty won't cover executives in SNC's office of the president, its management committee groups or anyone who directly profited from a violation. THE CANADIAN PRESS

Market Minute

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Prospect of border fees has support in southern U.S.

Proposed study.

Opposition to levies is strong in communities close to 49th parallel, but folks near Mexican border feel differently

By Michael Hill's estimation, 90 per cent of the people pumping gas at his station just south of the U.S.-Canada border in Washington state are Canadians.

Gas north of the 49th parallel, he said, is about $1.30 per gallon more expensive than in the U.S. But that's not the only product Canadians seek in visits to the state: Beer, wine and milk are significantly cheaper.

Add a strong Canadian dollar and the result is a key element of the economy in the towns of Whatcom County.

That's why Hill and others are troubled by the notion of charging a fee to enter the U.S. by land. Last month, in its 2014 fiscal year budget proposal, the Department of Homeland Security requested permission to study a fee at the nation's land border crossings. That sparked wide opposition among members of Congress from northern states, who vowed to stop it. A fee, they say, would hurt communities on the border that rely on people, goods and money moving between the U.S. and Canada.

Lawmakers and people from the southern border, though, did not show such strong opposition, highlighting a north-south divide on how to pay for border infrastructure.

Congressman Ruben E. Hinojosa, who represents a district in Texas including McAllen and its nearby border region, said fees would be good if the revenue is used to improve infrastructure.

It now costs nothing to enter the U.S. by land. Air and sea crossings have a fee of under $2 US, which is included in ticket prices. THE ASSOCIATED PRESS

Quoted

"(A border fee would be) a deterrent. They should be doing anything they can to get (Canadians) down here to buy more."

Michael Hill, who runs a gas station just south of the border in Washington state.

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FORGETTING FACES IS THE PITT'S

SHE SAYS

Jessica Napier
metronews.ca

If you're ever lucky enough to meet Brad Pitt face-to-face, you should know that he'll probably forget you right away. And it's not just because he's Brad Pitt the movie star who meets hundreds of new people on a weekly basis, it's because he might be "face blind."

In a recent interview with Esquire magazine, Pitt revealed that he believes he has prosopagnosia, a medical condition that makes it almost impossible for him to remember the faces of the people he meets. And while it might sound like a convenient excuse for an egocentric movie star's forgetfulness, this facial-recognition disorder is actually surprisingly common — affecting about one in 50 people with varying degrees of severity.

But what about the rest of us?

A little memory lapse is forgivable every once in awhile, but I think there's something inherently arrogant about individuals who make little effort to remember other people. For most of us, recognizing familiar faces isn't the main issue — it's trying to remember names.

We've all found ourselves in that awkward situation: You see an acquaintance at a party and attempt to gauge whether or not they remember you while racking your brain to recall their first name. Eventually you're introduced to one another by a mutual friend and both awkwardly pretend that you're meeting for the first time. It seems to be an unspoken social rule that it's better to play dumb than actually admit you don't know each other's names.

From professional-networking events to impromptu run-ins with high school classmates, forgetting someone's name can be an embarrassing blunder for everyone involved. It's hard to say whether it feels worse to be the nameless individual who can't seem to make a lasting impression or the jerk who can't be bothered to remember other people's names.

Whenever I hear someone quip, "Sorry, I'm so bad with names," I can't help but think that what they're truly saying is, "I won't be making an effort to think about you after this conversation." Sure, you might make excuses about being hopelessly forgetful, but an inability to recall names does reflect your interest in others. If you aren't particularly concerned with developing interpersonal relationships, you'll be less likely to remember whether your neighbour's name is Laura or Lauren.

People who are "good with names" aren't just well mannered; they're attentive listeners with a higher level of investment in their social circles. And it's not just about winning friends; some of the most successful businesspeople are the ones who have a knack for names and memorizing details about their clients and customers.

There's no doubt first impressions are important, and although it might seem like a small detail, remembering a name is one of those vital social graces that can make or break a relationship with a new(ish) acquaintance.

Unless you're Brad Pitt of course; I'd be happy to forgive him for forgetting me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Passing the Olympic torch

DAVID VAN DYKE/METRO

Olympic pride returns home

Mark Tewksbury received the torch in Athens, Greece, in 1996, when he took part in a ceremony commemorating the centennial of the Summer Olympics. After the event, each athlete was presented with a torch to take home. METRO

Coming out sparks LGBT donation

Mark Tewksbury, winner of the gold medal for the 100-metre backstroke at the 1992 Summer Olympics in Barcelona, Spain, donated an Olympic torch in support of Come Out and Play, the gala fundraiser in support of the Canadian Lesbian and Gay Archives and OutSport Toronto.

"I wanted something to represent that moment in history," said Tewksbury, who came out in 1998, adding that, in a way, this is about passing the torch to a new generation of LGBT athletes. METRO

Momentum

"It's starting to pop again."

Mark Tewksbury, Olympian, said of athletes coming out and referencing the recent announcement by professional basketball player Jason Collins that he is gay, and out soccer player Robbie Rogers making his Major League Soccer debut with the Los Angeles Galaxy last week. Tewksbury's advice to athletes trying to decide whether to come out: "Do it in your own time."

The archives

- The Canadian Lesbian and Gay Archives (clga.ca) is a repository for books, documents and other material related to the LGBT community in Canada.
- Among the other sports-related items at the archives is a championship belt donated by boxer Mark Leduc, who won a silver medal at the 1992 Barcelona Summer Olympics and came out in 1994.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I hate to be the bearer of bad news, but somewhere out there lurks an unflattering photo of you. Of all of us. Which means we're all one dry joke written in impact font away from becoming an unwitting Internet meme. Just ask these three, who eventually learned to embrace their, um, fame.

Scumbag Steve:

Clad in questionable fashion while leering through an open door, Blake Boston became the perfect stand-in for boorish, selfish behaviour. But, when he finally got wise to his fame he handled it like Good Guy Greg. @BlakeBoston617

Overly Attached Girlfriend:

While filming a Justin Bieber parody video, Laina Walker wore a wide-eyed stare of unhealthy devotion that became a touchstone for anybody who has dealt with a partner's warped definition of "caring." But don't be fooled, she actually seems lovely. @laina622

Grumpy Cat:

Saying Grumpy Cat is handling her fame well would perhaps be giving too much credit to the emotional range of your standard house cat. But then again, how would you be able to tell? @RealGrumpyCat

Letters and Comments

RE: Roadways Need A Real Solution, published May 27

Brad Homick, Vancouver

Living downtown, I too walk, drive and ride. There was something missing from Paul Sullivan's article and that is cyclists following road rules.

Having cycled for 30+ years, I have never seen it so bad. Cyclists go through red lights, stop signs, weave in between traffic, ride to fast, etc. When I point out traffic lights, I get told to 'F off' or 'no one is around.' Things will be better when cyclists also start to follow the rules.

Most people who ride their bikes do so with the same disdain as the guys in cars. Bicycles should be licensed and insured for the safety of the pedestrians who ultimately are the ones who will suffer most in collisions with morons on sidewalks.

Alex Laverick posted to metronews.ca

Cyclists are between a rock and a hard place. Drivers hate them, sidewalks don't work, and it's "blame the victim." **AlanSchtweetzsch posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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So, you think you know Soderbergh?

Career in review. There are whispers the filmmaker has had his final hurrah — so what better time to look back on his Hollywood legacy?

MATTHEW PRIGGE
Metro World News in New York

Soderbergh has had highs and lows in his career. GETTY IMAGES

Behind the Candelabra, starring Michael Douglas as Liberace and Matt Damon as his younger lover, premiered Sunday on HBO Canada. Most of the coverage, inevitably, has revolved around two major male stars playing gay together, as well as Douglas' spot-on impersonation as the flamboyant (and closeted) pianist.

Somewhat under reported is that this is the alleged final film of Steven Soderbergh, the storied and award-winning director who, among many other things, helped breathe life into both independent and mainstream American cinema.

Soderbergh had threatened to retire a few years ago, citing exhaustion with the movie business, and even with moviemaking itself. His plan is to concentrate on painting and maybe do some TV. It's very possible (or we're simply hoping) this is a Jay-Z-style "retirement" — a sabbatical/mental health break that will set up a triumphant return to the medium he conquered. But for now, Candelabra is his swan song. (Although if you really want to be a stickler, Side Effects, his last film released theatrically, is his farewell to cinema. But Candelabra is currently in competition at the Cannes Film Festival.)

In honour of this perhaps non-ending to what we feel has been a fantastic and thrilling career, filled with excellent and experimental work that flexed the muscles of what mainstream (and underground) film can do, we've decided to round up a handful of amusing tidbits about the director that might have flown over many people's heads.

His first film was a Yes concert documentary

Soderbergh was only 26 when his debut fiction feature, Sex, Lies and Videotape, won the Palme d'Or at Cannes. Young as that seems — and he was the youngest director to have a film win the festival's top prize — it wasn't his first. That would be Yes 9012Live, released in 1985, and featuring lots of then-cutting-edge video editing effects as the prog rock legends played one of their most popular albums. (It's the one with Owner of a Lonely Heart.) Released on video, it was even nominated for a Grammy. It still took him another four years to get a real feature off the ground — but it's OK because he was still only in his mid-20s.

His ex-wife was the body double for Jessica Rabbit

Till 1994, Soderbergh was married to Betsy Brantley, an actress who has two minor credits in major motion pictures: she was the body double for Roger Rabbit's curvy wife, and she was Fred Savage's mother in The Princess Bride. Brantley also played his wife in the no-budget 1996 comedy Schizopolis, two years after they were divorced.

DVD reviews

Beautiful Creatures

Director. Richard LaGravenese

Stars. Alden Ehrenreich, Alice Englert, Viola Davis

●●●○○

A momentous life change awaits Lena Duchannes (Alice Englert) upon her 16th birthday: She'll officially become a witch or simply remain a bitch. The terminology in Beautiful Creatures, a movie of heaving bosoms, hearty winks and atrocious southern accents, is that Lena will be "claimed" by family voodoo and involuntarily turned Dark (extremely witchy) or Light (merely bitchy). You might well argue there's not much difference between the two, and that's certainly the view of Lena's erstwhile boyfriend Ethan Wate (Alden Ehrenreich), who is tired of being treated as a doormat by fretful Lena and her freaky kinfolk. But Ethan appreciates absurdity, maybe because he looks like a younger version of Johnny Knoxville from Jackass. So does the movie, written and directed by Richard LaGravenese (P.S. I Love You), which makes this inevitable attempt to fill the post-Twilight void of supernatural teen romance easy to take.

PETER HOWELL

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson packs up — pooches and all — and moves out of casa del K-Stew

Robert Pattinson spent Memorial Day weekend moving back into his own home, a Spanish-style villa similar to ex-girlfriend Kristen Stewart's and only a few miles away in the Los Feliz neighbourhood of L.A., according to TMZ. He was spotted last week removing belongings — as well as his two dogs — from Stewart's nearby home, which the two had been sharing. Stewart, meanwhile, was caught off-guard by a swarm of paparazzi in an underground parking garage this weekend and responded with a pair of middle fingers.

Polanski takes a pop at the Pill

Roman Polanski isn't necessarily a fan of birth control, complaining during a press conference in Cannes for his new film, Venus in Furs, that the Pill has had a "masculinizing" effect on women. The 79-year-old director says the Pill has "changed the place of women in our times." He also gripes that moves toward gender equality are having a negative impact on chivalry, noting that "offering flowers to a lady" has now become "indecent." Polanski's wife, Emmanuelle Seigner, stars in Venus in Furs as an actress dominating her director during the production of a play.

Roman Polanski

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TOM LEE MUSIC HITS ALL THE RIGHT NOTES

Tom Lee Music has been bringing music making to British Columbia communities since 1969, and June marks Tom Lee Music's 44th anniversary.

The landmark downtown Vancouver retail store and music academy located at 929 Granville St., which opened in 1989, is one of Tom Lee Music's eight locations in B.C. This 60,000-square-foot "musical instrument megastore" features Vancouver's largest full-line selection of top brand name musical instruments and equipment, backed by Tom Lee Music's lowest price guarantee and 30-day price protection. The store also offers E-Z financing, affordable rentals and music lessons for all ages and instruments to get your music on the right note.

Vice-president Graham Blank and the Tom Lee Music staff invite all music lovers to their 44th anniversary celebration and customer appreciation event on June 1 from 10 a.m. to 6 p.m., with free hotdog guitar-b-que, free prize giveaways, and one-day-only specials, including a no GST offer on all regular priced items. The celebration will continue for the entire month of June with 44th anniversary savings and six months zero per cent financing OAC on selected products.

For more information, call 604-685-8471 or visit tomleemusic.ca.

CONTRIBUTED

Without protection, summer paradise can be a nightmare

Summer health. Check your body — and your SPF — to stay safe this summer when you're having fun in the sun

Even though skin cancer can be as deadly as breast or any other cancer, people still take chances with sun and tanning bed exposure. Every year, there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined, according to The Skin Cancer Foundation.

We had Dr. Sarah Gora, medical and scientific relations leader at Vichy Laboratories, and Dr. Ellen Marmur, a board-certified dermatologist and member of the American Academy of Dermatology, give us the lowdown on staying healthy.

Are people wearing enough sunscreen?

"No, most people don't, and most people apply sunscreen too thinly. At Vichy we recommend using half a teaspoon for the face and at least 30 ml (the equivalent of a golf ball) for an adult body," says Gora. A good general rule, she adds, is to reapply every two hours of sun time. If you're swimming and perspiring apply more often. "(People) forget about their ears, their neck, the back of their hands, parts of their feet, their scalp and their lips. And if you can't reach it, have someone apply sunscreen there for you."

What SPF should we all be wearing?

"The choice of the SPF index (UVB only) depends on your skin's phototype and the sun exposure length and intensity. If your phototype index is low (fair skin), it requires a higher SPF index," says Gora. "Intense exposure to sun, such as a day on the beach, also requires a higher SPF index and a protection against UVA. For a weak sun exposition and for the average person, we recommend a minimum SPF index of 30."

Seriously, stop tanning

"Tanning beds are known to increase the risk of skin cancers by 75 per cent," Marmur says. "No one should use them."

Can you please explain the difference between UVA and UVB?

"From sun radiation, we receive ultraviolet (UV) rays A and B (UVC are globally stopped by the ozone layer). UVB (five per cent of UV rays) are well-known to be responsible for tan and sunburn, but they are also involved in skin cancer development," says Gora. "UVB rays do not cross through glass and are partially absorbed by cloud. Therefore they are mainly present during the summer and between 10 and 2 p.m. UVA (short and long) represent 95 per cent of the UV radiation received. They are not blocked by glass and they are responsible for immediate pigmentation, skin aging, sun intolerance and skin cancer. Long UVA, the most prominent UV rays (75 per cent of UV rays) penetrate deeply into the skin and are responsible for many damages in the skin with a build-up and long term effects."

LINDA CLARKE AND METRO

Tanning beds

Did you know?

- **Get out of the bed.** Just one (one!) session in a tanning bed ups your risk of melanoma by 20 per cent, according to The Skin Cancer Foundation.

Metro's pick

- **Hate the greasy feel of sunscreen?** Vichy Capital Soleil Sheer Lotion SPF 45 Bare Skin Feel ($29.95) is designed to feel light on the skin, with a non-oil or sticky finish.

Lather up before you lap up those rays. ISTOCK PHOTOS

Superstar support

Landon Donovan on why sunscreen matters

Landon Donovan has won titles on the pitch, but now he's trying to help out off it.

"I've spent most of my life playing soccer outdoors, but I wasn't always diligent in applying sunscreen. That all changed when my father discovered a bump on his eyelid that turned out to be skin cancer. My father was lucky to have caught it early. He's now cancer-free. Many men overlook the importance of sun protection. In 2012, The Skin Cancer Foundation found that nearly half of men don't wear sunscreen. So, I've partnered with The Skin Cancer Foundation and the makers of Banana Boat and Hawaiian Tropic sunscreens to educate men on the risk and how they can protect themselves. Visit sunblunders.com to learn more."

Landon Donovan. GETTY IMAGES

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Health Solutions

Vinegar isn't just for windows

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Thank goodness the balsamic vinegar bullying is over.

The range of vinegars goes well beyond the bold or the pale white. The nuance of tastes and uses of vinegar is coming into its own.

Aging in oak barrels and imported starters called "vinegar mother" are creating exquisite products.

Gingras Vinegars, for instance, say "the noble vinegar mother from France converts alcohol to acetic acid in apple cider. The oak cask imparts flavour and colour." Sounds a lot like fine wine and not something you sprinkle on fries.

- Snazzy cocktail makers are using a splash in drinks
- Salads benefit from a finer, less sharp, richer vinegar
- Many swear by a teaspoonful of apple cider vinegar for indigestion
- A splash of vinegar in a broth helps remove more calcium from bones to the liquid
- Boil down a cheaper vinegar to intensify its flavour and use as a drizzle

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Shellfish Kabobs are easy as presto, or in this case, pesto

This recipe serves four and contains 229 calories and 11 grams of fat per serving. BRIAN MACDONALD, ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

These shellfish kabobs make a great appetizer or an entree when served over rice or couscous. If shellfish isn't what you like, fish such as salmon and halibut are equally delicious. Feel free to use any combination of vegetables (as in the photo).

If you're using wooden skewers, soak them for at least 20 minutes in water before barbecuing.

Ingredients

- 8 oz medium scallops
- 8 oz peeled and deveined large shrimp
- 16 cherry tomatoes (or a combination of bell pepper and red onion)
- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp low-sodium chicken stock or water
- 2 tbsp olive oil

1. Thread the scallops, shrimp and tomatoes evenly onto 4 large or 8 small skewers.

2. To make the pesto, purée the basil, Parmesan, pine nuts, cream cheese, garlic, stock and oil in the bowl of a small food processor until smooth. Brush half the pesto over the kabobs.

3. Preheat a grill to high, or spray a non-stick skillet with cooking oil and place over high heat. Grill or sauté the kabobs on both sides just until cooked, about 5 minutes. Serve with the remaining pesto. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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PLEASURE IS GOOD FOR YOUR HEALTH

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Sexual stimulation doesn't just feel good — it's good for you. Whether you enjoy it with a partner, or alone, an aid such as a vibrator can offer beneficial health results. You will live a healthier, happier life, and have fun doing it.

The truth is, your body knows what it needs. According to Dr. Mary Jane Minkin, author of The Yale Guide to Women's Reproductive Health, lack of sexual activity can lead to conditions such as vaginal atrophy — that is, vaginal dryness or weakening of muscle tone in the pelvic region. Women suffering from vaginal atrophy may experience painful sex and, as a result, be even less sexually active. Yet, sex itself can be the antidote that helps break this cycle.

"Sexual stimulation releases hormones that positively affect a woman's overall health and well-being," Minkin says. "It keeps her vagina youthful."

Sexual health is easy to neglect when one is busy, tired, or feeling down. Ironically, sex can help alleviate these problems too — it lowers stress levels and improves one's mood. By setting aside a little time for your own satisfaction, you can improve your outlook on life, along with your enjoyment of sex overall.

For many women, regular sexual activity with a partner is not an option. But they can still enjoy the same benefits, thanks to We-Vibe, maker of the world's top-selling sexual wellness products. We-Vibe makes several vibrators designed for women with different lifestyles or at different life stages. The We-Vibe couple's vibrator is the bestselling pleasure product in the line. It offers couples an enhanced sexual experience for both him and her.

"When a patient is not particularly sexually active, I encourage her to consider a vibrator," Minkin says. "It helps protect the pelvic floor by increasing blood flow to that area of her body."

The more a woman enjoys a sexual experience, the more likely they are to desire it more often, boosting the health benefits.

"The vagina, like any muscle, is best kept healthy with regular exercise" Minkin says. "If you don't use it, you can lose it."

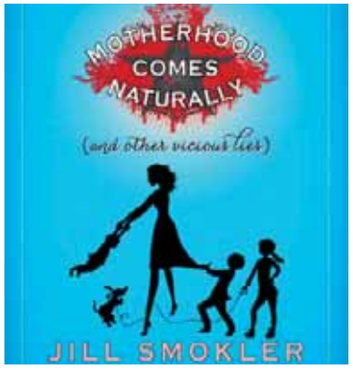
We-Vibe sexual health products can be found at major drugstores, including London Drugs and Rexall, in women-friendly adult stores, or at we-vibe.com.

CONTRIBUTED

These moms curse a lot, drink to excess, reveal scary truths and draw twisted little stick figures of their kids pooping and whining relentlessly. And they're bringing their derelict parenting to you. The authors behind a fresh round of parenting books love their munchkins, to be sure, but there's something about the scorched earth narrative that sells memoirish parenting books these days. Is the goal an instructional one? Inspirational? How about some advice?

THE ASSOCIATED PRESS

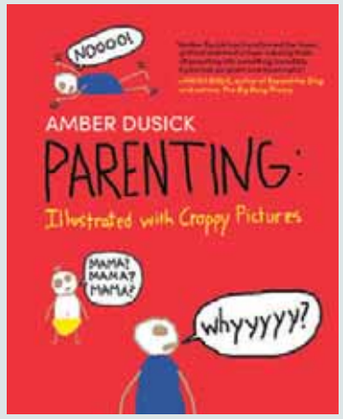
Four ways to get fresh parenting advice



Scary mommy

Jill Smokler's Scary Mommy certainly can't do it all. Motherhood Comes Naturally (And Other Vicious Lies) is her second spin off of her popular blog and parenting community at Scarymommy.com. The first was Confessions of a Scary Mommy. The 35-year-old mom of three, including boys just 20 months apart, has noticed a difference in exactly how much filth and frustration parents are willing to reveal in the five long years since she first put up her blog.

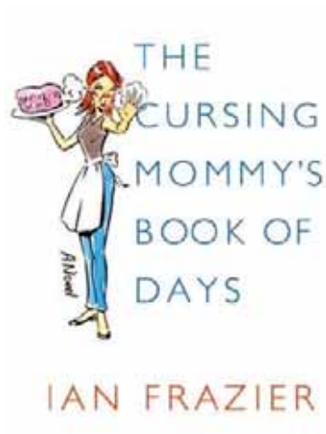
"There wasn't this acceptance about being this sort of less-than-perfect mother, but all of a sudden it feels like that is becoming the norm rather than the exception," said Smokler, in Baltimore, Md. "There came a tipping point where everybody just couldn't keep up that facade anymore and there was just a backlash, and here we are."



No advice

"No, there isn't any. I don't have anything. No advice. Nobody has any advice," laughed Amber Dusick, a Los Angeles mother of two who brings us Parenting: Illustrated with Crappy Pictures. The book's 50 "crappy laws of parenting" include this at No. 16: "When you sneak to the pantry to eat chocolate, you will get caught."

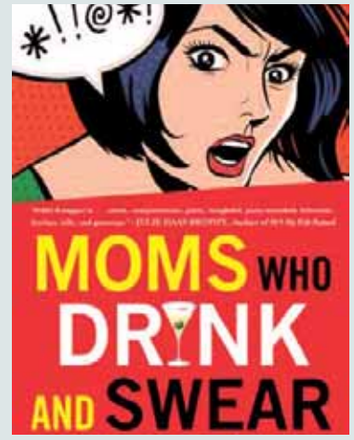
Dusick, whose boys are six and three, began blogging nearly two years ago. Her childlike drawings lend a creepy air to life with the Crappy family, including that fateful day when they all get sick. Tempers and temperatures flare, and bodily fluids fly all night, brought alive by her hollow-eyed illustrations.



The expletive-infused parent

Ian Frazier's popular cursing mommy character from his columns in The New Yorker now has her own novel called The Cursing Mommy's Book of Days, a diary of dereliction spread over a year of boozing, bad parenting and expletive-infused mockery of a capacitor-hoarding husband named Larry.

There's this entry for Wednesday, April 13: "Yes, lying in a steaming tub with a bottle of Kahlua and ignoring the children's knocks on the bathroom door all afternoon is not the most mature coping strategy. So stipulated, your honour!"



Can you do it all?

"We've opened up the dialogue," offered Nicole Knepper, who has two kids and wrote Moms who Drink and Swear, complete with a chapter titled, Suck it, Santa Claus.

"People have really found ways to be more authentic about who they are and how it affects us as parents. My mom's generation, they did a lot of pushing down their own interests and their own personalities because they were all about the kids, and this was their job and their focus, whereas my generation (She's 43 and lives in Plainfield, Ill.), the expectations are different. You multi-task. You do it all, only nobody can do it all well."

How to get into your dream home

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are a few million millennials dying to have a home of their own.

However, despite record low interest rates, they're confronted with huge challenges not faced by previous generations.

Aside from anything else, research is clear that young buyers are earning relatively less than their parents did with reduced job security and fewer benefits regardless of education.

The good news is the real estate market is softening. Sales volumes are declining and unsold inventories are building, historically both are precursors of lower prices.

For example, the Halton Region is a desirable community served by rapid transit just outside Toronto. According to real estate and mortgage agent Domenic Manchisi, residential inventory stood at 1.9 months a year ago. It's now 2.6 months, meaning if no other properties came on the market it would take that long to sell everything.

"When inventories reach about four and a half months we're slipping into a buyer's market," he says.

It's still a far cry from 2009 when there was 7.5 to eight months of inventory in Halton. However, there are clear signs across the country that the trend is similarly tilting in favour of house hunters.

The toughest part of buying for newbies is the down payment. Manchisi advises buyers to focus on carrying costs, which are relatively lower than they were for their parents.

TD senior economist Sonya Gulati points out that 1988 average house prices were just under $130,000 in Canada. Today they are just more than $361,000.

Assuming a typical 10 per cent down payment, millennial parents had monthly mortgage costs of $1,310 with an interest rate of 12 per cent. Today, at a three per cent fixed rate and with a 20 per cent down payment (required to avoid mandatory mortgage insurance) the monthly outlay would be $1,391. (Bear in mind today's dollar has considerably less buying power than it did in 1988.)

"Young buyers should look at a five-year closed rate at around 2.9 per cent, but I'd be accelerating my payments as if it was four per cent," Manchisi advises.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

SPORTS 4

Rennie keeping his cards close to his chest

Soccer. Whitecaps coach won't reveal who will start in goal in Amway Canadian Championship final versus Impact

CAM TUCKER
cam.tucker@metronews.ca

Brad Knighton may or may not be the Vancouver Whitecaps' starting goalkeeper for Wednesday's Amway Canadian Championship final.

Head coach Martin Rennie, speaking to reporters two days prior to the Voyageurs Cup match against the Montreal Impact at BC Place Stadium, wasn't about to divulge such information.

"Find out on Wednesday," he said, grinning.

Knighton, 28, has started the last two games for Vancouver, including the first match in this Canadian championship final in Montreal on May 15.

He produced a clean sheet, and the Whitecaps earned a 0-0 draw to put themselves in a good position to claim their first ever national championship.

Quoted

"We're at home in front of our home fans and it's nice to be able to raise a trophy at the end of this in front of our home fans."

Brad Knighton, who has winning the Voyageurs Cup on his mind.

He was also in goal for that entertaining — yet disappointing at the same time — draw with Portland on May 18.

"I feel like I'm back to where I was at the end of last year, which is huge for me, and confidence is sky-high," said Knighton, who is 2-0-1 in Canadian Championship matches this year.

Knighton is into his second season with the Whitecaps, after joining the local MLS side last year from the Carolina RailHawks.

He took over the starter's job from Joe Cannon at the end of last August, and kept it for the remainder of the year.

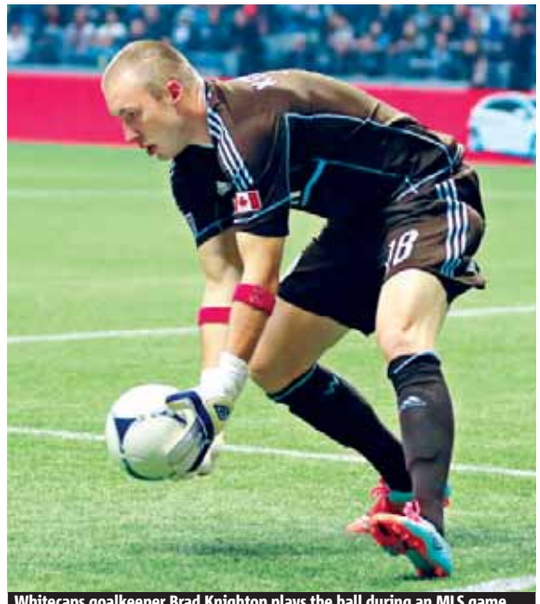
He was in goal for the club's first ever MLS playoff game and appeared set to become the No. 1 this year.

But all did not go according to plan for Knighton to start 2013. Cannon, after an intense off-season, was the better of the two goalies in camp and was rewarded with the starting job.

"You take a lot of looking at yourself in the mirror and go back and think what you could have done differently," said Knighton. "But it always comes back down to how you react in that situation."

Knighton may find himself in a situation where he can backstop the Whitecaps into history.

Vancouver has never won the Voyageurs Cup.



Whitecaps goalkeeper Brad Knighton plays the ball during an MLS game against the Timbers on Oct. 21, 2012, at BC Place. GETTY IMAGES FILE

Giants acquire local blue-liner in trade with Blades

The Vancouver Giants made a trade Monday, acquiring the rights to defenceman Dalton Thrower from the Saskatoon Blades in exchange for a conditional second-round pick in the 2014 WHL Bantam Draft.

Thrower, taken 51st overall by the Montreal Canadiens in the 2012 NHL Entry Draft, is from North Vancouver.

He recently competed in the Memorial Cup with the Blades, but was suspended for the rest of the tournament last Wednesday for a hit to the head of Portland Winterhawks forward Taylor Leier.

This past regular season with the Blades, Thrower had six goals and 27 points in 54 games. The year before, he scored 18 goals — a WHL career-best for him — and had 54 points in 66 games.

METRO

CFL

Lions sign 2012 first-round pick Kirby Fabien

It took a while, but Kirby Fabien's professional football career is now officially underway.

Fabien, an offensive lineman from the University of Calgary Dinos program, and the B.C. Lions agreed to terms on a contract, almost 13 full months since the day he was taken in the first round, seventh overall, of the 2012 Canadian Football League draft.

"I'm just excited to ... be able to play pro ball finally," said Fabien in a phone interview Monday. "It's been a while since I've been drafted, so it feels good to be a pro now."

Fabien will attend mini-camp in Kamloops, which begins Thursday, ahead of the start of training camp on Sunday.

Last year, following the draft, Fabien opted to go back to university to complete his education and final year of CIS eligibility.

He also had a look at the National Football League, attending a New York Jets mini-camp earlier this month.

The extra year in CIS, he believes, was beneficial for his development.

"I had the chance to get better, to play more," he said.

"It made me a better player, all in all, because I've seen a lot of things now, I've played a higher competition level and I was able to mature, get bigger, get stronger."

CAM TUCKER/METRO

SYRIAN REFUGEE CRISIS

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Horoscopes

♈ Aries
March 21 - April 20
Think big today. With so much activity in the mind area of your chart, your brain will be overflowing with ideas. Many of them will be good.

♉ Taurus
April 21 - May 21
Venus, your ruler, links with Jupiter, planet of good fortune, in the money area of your chart today, which suggests good things if you think positive and act fast when an opportunity arises.

♊ Gemini
May 22 - June 21
No matter how many serious issues you have to take care of, you must make time for some fun over the next 24 hours. There are so many great things going on in your world. Don't miss out on them.

♋ Cancer
June 22 - July 23
You may be tempted to keep your thoughts to yourself because you don't want to rock the boat but you know that would be a mistake. If you see an injustice, speak up.

♌ Leo
July 24 - Aug. 23
Push work worries to the back of your mind and focus on friendships. You cannot escape your obligations but neither do you have to let them rule your life. Think happy thoughts and happy things will occur.

♍ Virgo
Aug. 24 - Sept. 23
Whatever it is you have to work on today, you will be at your most efficient. Not everyone is as organized and focused as you though so try to be patient with those who find it hard to keep up.

♎ Libra
Sept. 24 - Oct. 23
Someone you work with will get on your nerves today but be tolerant because they possess something you need. It's unlikely they will choose to give it to you if you hurt their feelings.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much about the injustices of the world because you cannot possibly resolve them all. What you can do though is be kind to people you meet one-to-one. Even a smile makes the world better.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't listen to that nagging voice at the back of your mind that is trying to convince you that having fun is a sin. Life is about loving and laughing and learning. Have more fun.

♑ Capricorn
Dec. 22 - Jan. 20
Do something that shakes up those people who seem to have slipped into an easygoing mode of thought and action. There is a world out there waiting to be conquered.

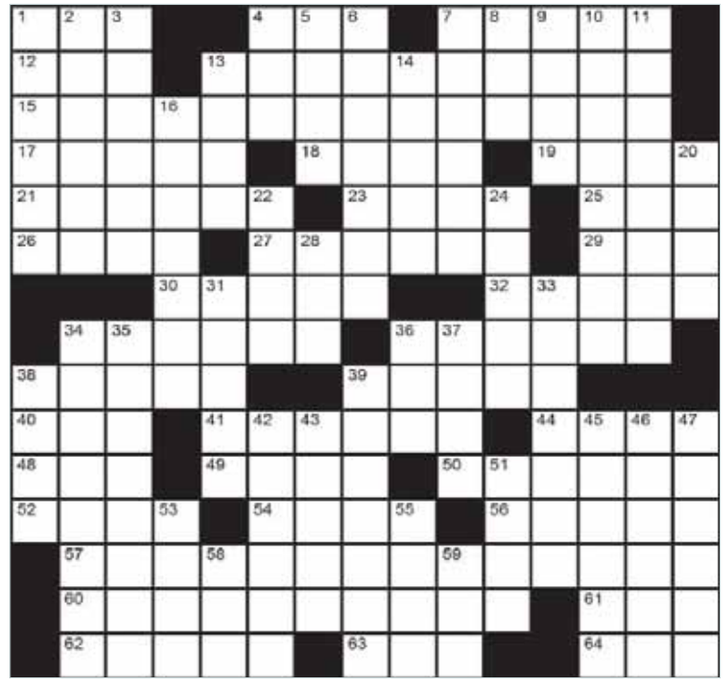
♒ Aquarius
Jan. 21 - Feb. 19
Your conscience demands that you follow a certain course of action and you know from long experience that if you don't obey, you will regret it later. Do what has to be done and make sure you do it well.

♓ Pisces
Feb. 20 - March 20
You may want to gossip today but keep what you know to yourself. If you get a reputation as a bit of a blabbermouth, no one will tell you anything.

SALLY BROMPTON

Crossword: Canada Across and Down

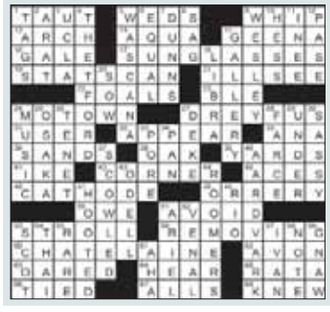
BY KELLY ANN BUCHANAN



Across
1. Canuck financial inst.
4. '70s sitcom starring Don Rickles, "___ Sharkey"
7. Ancient philosopher
12. Leandro's beloved
13. Metal band of "Run to the Hills": 2 wds.
15. Water between PEI and NB/NS, __ Strait
17. Tedium
18. Mark from hail damage
19. Calendar's period
21. Surgically-inserted 'tubes'
23. __-tongued
25. Tina Turner's birth name, Anna __ Bullock
26. Head, in Hull
27. Moviedom's Jack Sparrow, for one
29. Plane's take-off info
30. Reprimand
32. Bluegrass instrument
34. Gets around, as an issue
36. __-Anne-des-Monts, Quebec
38. Feudal†lord
39. Johnny Depp's role in movie "The Lone Ranger"
40. Insect immobilizer
41. Walked confidently
44. Commercial, e.g.: 2 wds.
48. Ball
49. Cooking fat
50. Ground sesames paste
52. Actress Ms. Phillips
54. Father of Manitoba
56. Mails
57. Gothic church's architectural support: 2 wds.
60. Aristocratic headwear at races or weddings
61. Riddle-me-__
62. Followers
63. Snazzy stone
64. Yeps

Down
1. Make a new home, as a bird
2. English novelist Emily (b.1818 - d.1848)
3. Trumpet-like instrument
4. Grand __ (Wine classification)
5. Ceremonial magnificence
6. In agreement, as with a project: 2 wds.
7. "Sit down already!": 2 wds.
8. Rap music's Kim
9. Meat Loaf's birth name, Marvin Lee __
10. Slumlord's housing
11. Michael __ (Canadian author of Booker Prize winning novel The English Patient)
13. "___ the jackpot!!!"
14. Holy birthplace of Muhammad
16. Listens to the radio: 2 wds.
20. Fix over again
22. Detect
24. Credit's opposite
28. They, in Montreal
31. Salad green
33. One more
34. Lawmen in Western movies
35. Reason for Madonna's red string bracelet
36. Saskatchewan attraction, Addison __ House
37. Without _ __ (Daringly)
38. Deuces
39. One's great for carrying books: 2 wds.
42. Produce purchase
43. Rule on the throne
45. Hangout for grapes
46. CBC's Atlantic Canada themed program, "Land __ __"
47. Slangy insults
51. Stars sci.
53. Wall St. landmark, commonly
55. Minstrel's pear-shaped instrument
58. Freezer tray content
59. Mr. Cruise

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		9		3		2	
		6	4		5	1		
	5	3				7	8	
			7		2			
2								1
			5		4			
	3	1				5	4	
		2	3		8	9		
	8		1		6		3	

Yesterday's Sudoku

2	1	4	3	6	8	7	9	5
6	8	9	1	7	5	3	4	2
7	3	5	9	2	4	8	6	1
9	7	8	4	1	6	5	2	3
1	5	3	2	8	9	6	7	4
4	6	2	7	5	3	1	8	9
5	9	7	6	4	1	2	3	8
8	4	6	5	3	2	9	1	7
3	2	1	8	9	7	4	5	6

Today
15°/12°
Rain
90%

Wednesday
15°/12°
Showers

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